

# Loaded Rainbow Nachos & Buffalo Cauliflower Wings

Inspired and adapted from [Tastyco](#) & [The Busy Baker](#)



## Nachos

- 1 bag of Nachos
- 1 pint of baby tomatoes, halved
- 1 cob of corn, kernels removed
- 1 onion,
- 1 pepper diced
- 1 hot pepper, diced (optional)
- 1 cup of black beans, soaked and cooked as per recipe instructions
- 1 ½ cups of shredded cheese, we like a cheddar-mozzarella synergy

## Cauliflower Wings

- 1 head of cauliflower, cut into 1 inch bite size pieces
- 2 tsp of garlic powder
- 1 tsp of onion powder
- 1 cup milk
- 1 cup flour
- 1 cup panko bread crumbs
- 1 cup buffalo sauce
- 2 tbsp of olive oil

1. Preheat oven to 450°F. Place parchment paper on 2 baking sheets (or more if needed).
2. In a large bowl mix flour, onion powder, and garlic powder. Slowly add milk and stir until combined. In a separate bowl, pour bread crumbs.
3. Toss the cauliflower pieces in the flour/ milk mixture (hands allowed), coating it evenly but not drenching it. Then toss the coated cauliflower in the bread crumbs.
4. Evenly space your cauliflower pieces on the baking sheets. Be sure not to pile and overcrowd the cauliflower.
5. Bake for 20 minutes, flipping halfway.
6. While it cooks, mix your buffalo sauce and olive oil. Remove the cauliflower after the 20 minutes, and toss in the sauce (make more sauce as needed).
7. Return to the oven and bake for 20 more minutes, flipping half way.
8. Serve and enjoy!

1. Overnight soak the black beans in a bowl of water. There should 4 inches of water above the beans. When you're ready to start dinner, simmer the beans in the same amount of water for 1 hour on the stove, or to desired tenderness.
2. On a baking sheet lined with parchment paper, spread out your chips.
3. Sprinkle only some of your cheese, then add your veggies and black beans on top. Sprinkle the rest of your cheese on top.
4. Bake for 6-10 minutes at 400°F, or until the cheese is melted and bubbly
5. Serve immediately with sour cream, salsa, topped with cilantro, OR take a gander to the left on how to make Pico da Gallo!

**BONUS OPTION:**  
 If you'd rather use your tomatoes and hot peppers on the side, or if you bought extras, try this quick Pico Da Gallo recipe from [Show Me the Yummy](#)

# #localfoodclub

Welcome to the August Local Food Club! We are excited to be able to share this late summer meal with you all. Summer is rounding its end, but for many of our farmers, the growing season has really hit its stride. Living in Ontario, and the Headwaters region, we are so lucky to have a rainbow of colourful produce to select from.

This LFC we wanted to go out with a really fun meal that goes well on the deck or on the backyard picnic table. AlbaLisa All Natural Mexican Food supplied their famous tortilla chips as the base of the meal. Fiddle Foot Farm provided us with their fresh onions. Zocalo Organics in Erin supplied us with their bright peppers. Besley County Market provided us once more with their heavenly tomatoes and fresh corn. The black beans are from Fresh Acres in New Lowell. Albion Hills Community Farm spiced things up with their delicious hot peppers. We were so happy to have some beautifully purple cauliflower to be the veggie wings from Lennox Farm. You'll notice this August there is a bonus recipe of Pico De Gallo too! This traditional Mexican side is a wonderful thing to add to nachos, burgers and sandwiches. We hope you enjoy this bountiful and colourful box just as much as we do!

We love feedback; it helps us learn, grow and plan for YOU! You can find HFFA on Twitter, Instagram and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC and ingredients.

This is an all-hands-on-deck sort of LFC pack. With all the chopping, shredding, dipping, coating and flipping, this is a great way to get everyone involved. You may also find these recipes, with their colourful variety, are a great way to explore with kids their mindfulness eating. Try have everyone use the 5 senses and mindful bites. Check out more on mindful eating with [Action for Healthy Kids](#).

## From the LFC Test Kitchen

To time the coordination of these recipes we suggest starting with cooking the beans, and cutting up your veggies first. Then, complete your cauliflower recipe. While you're waiting for them to cook, assemble your nachos.

MAKE SURE you flip the cauliflower half way during cooking times. If you like an extra crunch, broil on low for 2-3 minutes at the end.

## The Magical Fruit

Black beans often get a bad rap, but really, they are packed with nutrients. Black beans are an excellent source of iron, protein, folate, and magnesium.

They also are a source of soluble fiber. Soluble fiber becomes a gel inside us by sponging up water (and cholesterol) to...take on its way out. Drinking fluid with beans is what helps it do what it does best – regulate us - with minimal side effects!

## this month's local food is from...

**Zocalo Organics**  
[zocaloorganics.ca](http://zocaloorganics.ca)

**Besley Country Market**  
[www.besleycountrymarket.ca](http://www.besleycountrymarket.ca)

**Albion Hills Community Farm**  
[albionhillscommunityfarm.org](http://albionhillscommunityfarm.org)

**Fiddle Foot Farm**  
[fiddlefootfarm.com](http://fiddlefootfarm.com)

**Fresh Acres**  
[freshacres.ca](http://freshacres.ca)

**Lennox Farm**  
[lennoxfarm.ca](http://lennoxfarm.ca)

**AlbaLisa**  
[albalisa.ca](http://albalisa.ca)

The Local Food Club is a project of Headwaters Food & Farming Alliance, a project of Headwaters Communities in Action.

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